

Diagnosis and Treatment

- **See Doctor as Early as Possible**
- **File Workers Compensation**
- **Workstation Redesign**
- **Whom to See**
 - Health services
 - General practitioner
 - Chiropractor
 - Orthopedist
 - Rheumatologist
 - Hand surgeon
 - Neurologist
 - Physiatrist
 - Osteopath
 - Internist

How to Choose a Doctor

- **Someone You Like**
- **Referral from Knowledgeable Friend**
- **Specialist**

Evaluating a Doctor

- **Listen Well?**
- **Sympathetic to RSI?**
- **Be Your Advocate?**
- **Competent in RSI?**
- **Accept Workers Compensation?**
- **Mutual Trust?**

Tools for Diagnosis

- **Hypermobility**
- **Muscle Damage**
- **Strength Tests**
- **Provocative Maneuvers**
- **Electromyography (EMG)**
- **Sensitivity/Discrimination**
- **MRIs**
- **XRays**
- **Video Analysis**

Clinical Diagnostics



Tinel's Sign



Phalen's Sign

For Carpal Tunnel Syndrome

Clinical Diagnostics



M.E.D.I.A., Inc., 1994
<http://www.immediate.com/media/cts.html>

Muscle Wasting

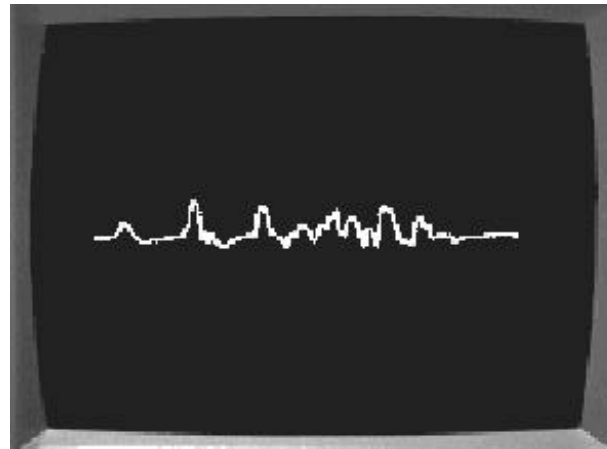
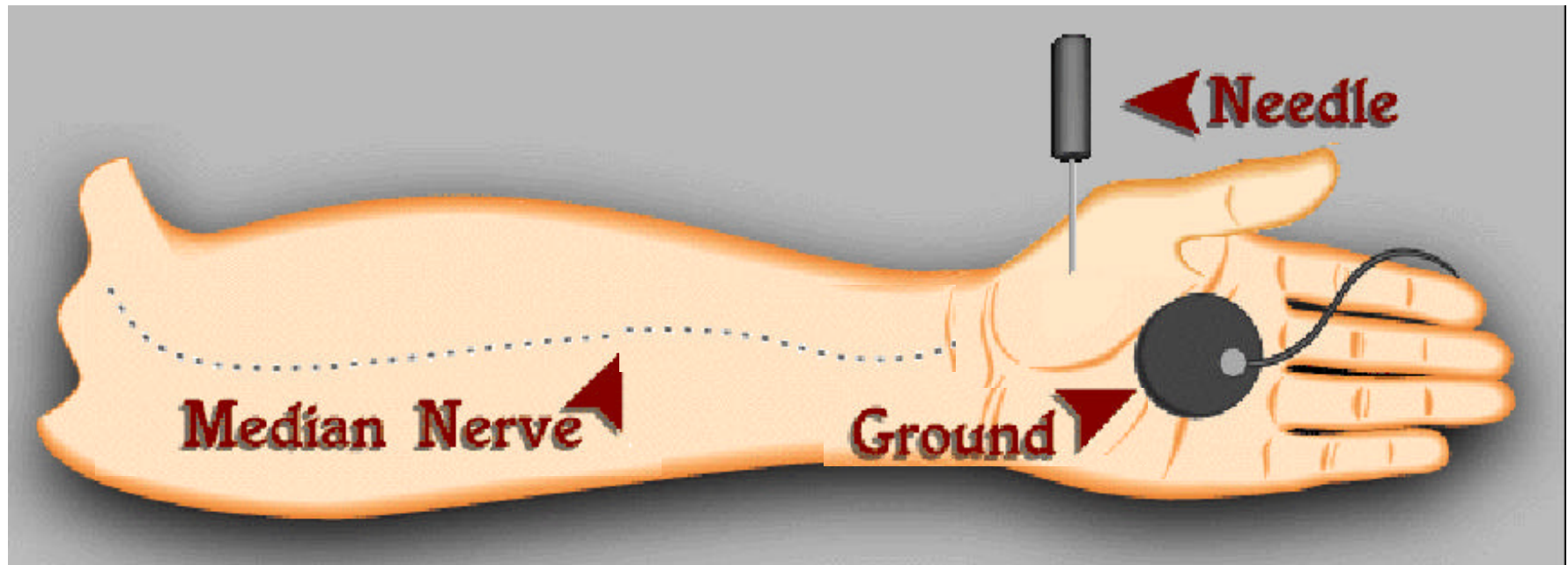
PNNL

Electromyography (EMG)

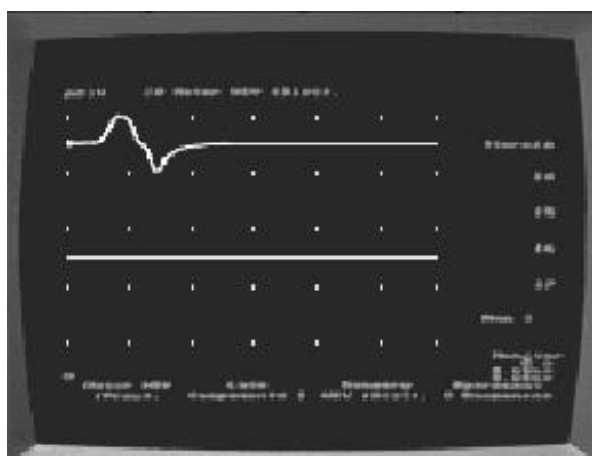
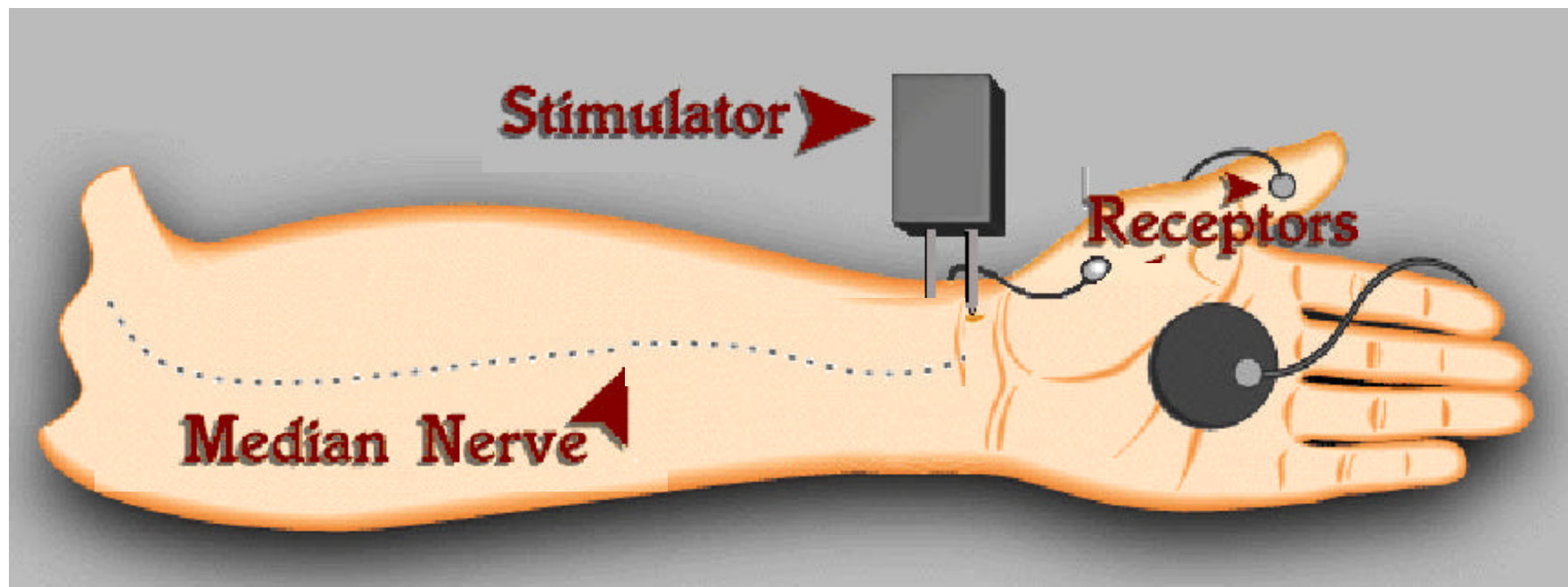


M.E.D.I.A., Inc., 1994
<http://www.immediate.com/media/cts.html>

EMG



Nerve Conduction Velocity



Other Diagnostic Tools



MRI



Bone Scan



Thermogram

Treatment Options I

- **Drugs**
 - Non-steroidal anti-inflammatories (NSAIDs)
 - Antidepressants
 - Aspirin
 - Acetaminophen (Tylenol)
 - Cortisone (injections, creams, and sprays)

Cortisone Injection



Medical Multimedia Group, 1997
<http://www.sechrest.com/mmg/cts/wrstrev.gif>

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Treatment Options II

- **Therapy**
 - **Physical**
 - » postural retraining
 - » ultrasound
 - » electrical stimulation
 - » machine exercises
 - **Occupational**
 - » splinting
 - » ADL
 - » adapting environment
 - **Both**
 - » **hands-on** deep tissue massage
 - » heat/cold
 - » advice
 - » exercises/stretchches

Splinting



Medical Multimedia Group, 1997
<http://www.sechrest.com/mmg/cts/brace.gif>



Medical Multimedia Group, 1997
<http://www.sechrest.com/mmg/ctd/latepi/brace.gif>